

## ABSTRACT

A block (10) for constructing a flat structure by arranging a plurality of blocks in a  
5 flat state the block having four outer peripheral surfaces thereof, that are, an upper surface  
(10a), a lower surface (10b), a left side surface (10c), and a right side surface (10d) that are  
in contact with other blocks. The block (10) includes a plurality of through holes (11) for  
inserting bar-like stretching members therein in parallel with the front surface (10f) and the  
rear surface (10e), and includes recessed parts (12) in the upper surface (10a) and lower  
10 surface (10b) forming outer peripheral surfaces crossing the axial direction of the through  
holes (11) to dispose other stretching members in a direction three-dimensionally crossing  
the stretching members inserted into the through holes (11). By using the block (10), flat  
structures such as the wall parts and floor parts of a building can be easily constructed in a  
rather short period.